

## Weekly Diabetes Update

### 12-06-07

#### 1. **Grant Writing Workshop**

The Grant Institute's **Grants 101: Professional Grant Proposal Writing Workshop** will be held at Oregon's Portland State University, **January 22 -24, 2008**. Interested people may want to register as soon as possible, as seats may fill up quickly. All participants will receive certification in professional grant writing from the Institute. The tuition is \$597 and includes materials and certificates. For more information call (888) 824-4424 or visit their website at <http://www.thegrantinstitute.com>.

#### 2. **Diabetes Conference, May 5-8, 2008, Orlando, FL**

The conference will bring together more than 600 participants from a wide range of local, state, federal, and territorial governmental agencies and private-sector diabetes partners. The conference goals are: Explore science, policy, education, program planning, implementation, and evaluation to enhance public health approaches and strategies to prevent and control diabetes; Increase knowledge and awareness of successful, cost-effective, public and private diabetes programs; Present innovative strategies to increase awareness of diabetes and how to prevent its complications; Provide opportunities for skill-building, information-sharing, and networking. See the announcement on the CDC website at <http://www.cdc.gov/diabetes/conferences/index.htm#2008>.

#### 3. **“People with Diabetes and Sickle Cell Trait Should Have Reliable A1C Test”**

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH), is kicking off a new campaign to inform physicians and patients of the importance of accurate A1C testing. Inaccurate test results may lead to the under- or over-treatment of diabetes. Read more in the NIH press release at <http://www.nih.gov/news/pr/nov2007/niddk-28.htm>.

#### 4. **Podcast: Diabetes and Pregnancy: Gestational Diabetes**

Gestational diabetes happens in a woman who develops diabetes during pregnancy. This podcast discusses its potential effects and action steps to avoid complications, and can be accessed at <http://www2a.cdc.gov/podcasts/player.asp?f=7235>.

#### 5. **Educational Website for Diabetes Patients**

A new educational website called “The Beehive” contains information for people with diabetes. The website is sponsored by a nonprofit organization called One Economy Corporation, and was funded in part through the Robert Wood Johnson Foundation's Pioneer Portfolio. The diabetes section includes information on taking meds, monitoring, eating well, and getting exercise, and can be found at <http://www.thebeehive.org/Templates/Health/DiabetesNoRight.aspx?PageId=1.2.28.70.88.11096>.

#### 6. **NDEP News and Notes Newsletter**

The National Diabetes Education Program (NDEP) December 2007 issue of News and Notes Newsletter includes information about the following resources:

- Teen tip sheets <<http://ndep.nih.gov/diabetes/youth/youth.htm>> are designed for youth ages 11 to 17 to help them manage their disease and reduce their risk for complications. Topics include: What is Diabetes?, Be Active, Stay at a Healthy Weight, Make Healthy Food Choices, Dealing with the Ups and Downs of Diabetes.
- Quiz for Teens with Diabetes <<http://ndep.nih.gov/diabetes/youth/quiz/index.htm>> is a companion to the tip sheets. This interactive quiz helps teens with diabetes think about the everyday steps that are necessary to manage their diabetes and suggests how they can incorporate these steps into their daily routine. Check out the quiz at [www.YourDiabetesInfo.org/diabetes/youth/quiz](http://www.YourDiabetesInfo.org/diabetes/youth/quiz).
- NDEP's 4 steps to Control Your Diabetes For Life <<http://ndep.nih.gov/diabetes/control/4Steps.htm>>, for years a widely-used resource for people newly diagnosed with diabetes as well as for those living with diabetes, is available in eight AAPI languages: [Cambodian](#), [Chinese](#), [Korean](#), [Samoan](#), [Tagalog](#), [Thai](#), [Tongan](#), and [Vietnamese](#).

Also, in **January**, NDEP will offer support through the Small Step, Big Rewards, Prevent Type-2 Diabetes campaign <<http://ndep.nih.gov/diabetes/control/4Steps.htm>> with distribution of radio <<http://ndep.nih.gov/campaigns/tools.htm#psaRadio>> and print <<http://ndep.nih.gov/campaigns/tools.htm#psaPrint>> public service announcements that encourage people to take small steps to prevent diabetes. And in **February**, NDEP will support American Heart Month through the Control Your Diabetes:For Life [http://ndep.nih.gov/campaigns/ControlForLife/ControlForLife\\_index.htm](http://ndep.nih.gov/campaigns/ControlForLife/ControlForLife_index.htm) with distribution of a feature article emphasizing the importance of helping a loved one manage their diabetes to reduce their risk for serious complications and to live a long, healthy life.

Past issues of the News and Notes Newsletter are posted on NDEP's website and can be accessed by going to <http://ndep.nih.gov/new/NewsNotes/NDEPNewsNotes.htm>.

## 7. **Diabetes Research News**

The CDC's National Center for Health Statistics (NCHS) has released the results of a study indicating that there is no "statistically significant" increase in the rates of obesity in the U.S. from 2003-2004, but the rates are still high. Read the press release directly from the NCHS website at <http://www.cdc.gov/nchs/pressroom/07newsreleases/obesity.htm>.

Adults with diabetes are at greater risk for dying from heart disease than adults without diabetes. CDC analyzed data from the National Health Interview Survey (NHIS) to assess trends in prevalence of heart disease, stroke, and other cardiovascular diseases (CVDs) among persons with diabetes. Read the CDC Morbidity and Mortality Weekly Report (MMWR) article on "Prevalence of Self-Reported Cardiovascular Disease Among Persons Aged  $\geq 35$  Years with Diabetes --- United States, 1997--2005" at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5643a2.htm>.

The diabetes drug Avandia has now been linked to the possibility of osteoporosis. Read more about the new study in a Medical Research News article at <http://www.news-medical.net/?id=33204>.

The amount of sleep you get may prevent diabetes or delay death, according to the recently published results of two studies. For more information see the WebMD article at <http://diabetes.webmd.com/news/20071203/sleep-habits-linked-to-diabetes-death>.

An antibody therapy tested on mice shows promise for the treatment of type 1 diabetes. Human trials have already begun. However, researchers are concerned diabetes patients and their doctors will start trying the drug rituximab before clinical trials are complete. Read more in the article from *ScienceNOW* Daily News at <http://sciencenow.sciencemag.org/cgi/content/full/2007/1203/1>.

The October 2007 *Journal of Bone and Joint Surgery* features the article “What’s New in Orthopaedic Rehabilitation” that highlights recent discoveries for the treatment of lower extremity diseases, such as those associated with diabetes. A free copy of the article can be found at <http://www.ejbjs.org/cgi/content/full/89/10/2316>. (Scroll down until you see the section on Diabetes and Involvement of Lower Extremity.)

The prevalence of diabetes is not only increasing in humans, but it is also becoming more troublesome for our feline friends. Read the article “Diabetes becoming a big problem in cats” from the Kansas City Star online at <http://www.kansascity.com/business/story/373195.html>.

#### **8. Gestational Diabetes Results in 15 Pound Baby**

Foxnews.com reports that a 37-year-old mother in Indonesia with gestational diabetes gave birth to a baby weighing just over 15 pounds. The newborn, delivered by C-section, was transferred shortly after birth from a private maternity clinic to a hospital for treatment of respiratory problems. Read more at <http://www.foxnews.com/story/0,2933,315179,00.html>.

#### **9. This Week’s Featured Recipe**

Last week we mentioned we would be featuring diabetes-friendly recipes over the course of the holiday season. This week’s recipe for **Roasted Asparagus** comes from the American Diabetes Association via the Shaping America’s Health website. Check out this four-ingredient recipe at [http://www.shapingamericashealth.org/Families/Recipes/recipeslist/roasted\\_asparagus.html](http://www.shapingamericashealth.org/Families/Recipes/recipeslist/roasted_asparagus.html).